

*I never thought we
would have to choose
between food
and prescriptions.
Now we don't
have to.*



*When I lost my job it
became a struggle to
feed my family.*

***I found the help
we needed.***



*I used to fear
my daughter would
go to bed hungry.
Now I know
she doesn't
have to.*

Nutrition for your Family

CalFresh Benefits And How To Get Them

Call today to get the help you need:

1-(866) 613-3777

or go to the web at:

<http://dpss.lacounty.gov>



CalFresh Nutrition Program
Los Angeles County Department of Public Social Services



CalFresh Benefits And How To Get Them



Who can get CalFresh benefits?

People who do not have enough money to buy the food they need to stay healthy. This could be you, your grandparents, your children, or your grandchildren. Many people who think they cannot get CalFresh benefits can. You could get CalFresh benefits if:

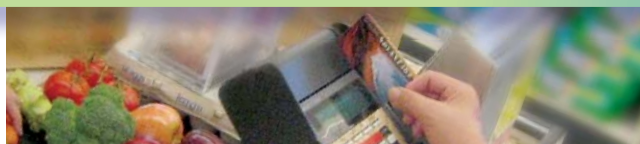
- You do not make much money and do not get SSI/SSP.
- You are an immigrant and have a lawful residency status.
- You are the child of an immigrant, even if your parents or grandparents do not qualify.

How much can you get?

The amount of CalFresh benefits you get depends on how much money you make and how many people are in your family. The average monthly benefit is about \$149 a person and \$332 for a household. Look at the table below for how much money you make each month, how many people are in your family, and the amount of benefits you could get.

If you have this many people in your family...	1	2	3	4	5	6	7	8
And make less than this each month...	\$1,265	\$1,705	\$2,144	\$2,584	\$3,024	\$3,464	\$3,904	\$4,344
You could get up to this much in benefits.*	\$194	\$357	\$511	\$649	\$771	\$925	\$1,022	\$1,169

* Actual amount depends on your case situation



How do you use CalFresh benefits?

CalFresh benefits are not coupons anymore. Now you get a card, like a debit card. It is called the *Golden State Advantage Card*, and your monthly benefit is put on the card automatically each month. When you buy food at the store, you just slide the card through the card reader just like any debit or credit card. You can use the card to buy food at most supermarkets, at some smaller neighborhood and ethnic markets, and if you are homeless, elderly, or disabled you may purchase prepared meals from participating restaurants.

How do you get CalFresh benefits?

You can apply for CalFresh benefits at a nearby Department of Public Social Services (DPSS) office, or apply online by going to **www.dpssbenefits.lacounty.gov**. You can also apply at some schools, community centers, or WIC offices. To find out how and where to apply or to have an application mailed to you, call **1-(866) 613-3777**. You can also get more information on the Internet at **<http://dpss.lacounty.gov>** by clicking on Food & Nutrition. You can find out if you qualify at **www.snap-step1.usda.gov**.

Frequently asked questions:

Is the CalFresh Program welfare?

No, the CalFresh Program is not welfare. It is a nutrition assistance program to help low-income people and families buy and eat nutritious foods.

Can I work and still get CalFresh benefits?

Yes, it depends on how much money you make each month.

Can immigrants get CalFresh?

Yes, some legal immigrants can get CalFresh benefits. Thanks to a new rule, even if some immigrants cannot get CalFresh benefits, their children still could.

Does getting CalFresh benefits hurt my chances of getting a green card?

No, getting CalFresh benefits does not affect your getting a green card.

Do I have to go to a CalFresh office to apply?

No, you can call **1-(866) 613-3777** to have an application mailed to you. You can also apply online by going to **www.dpssbenefits.lacounty.gov** or find other locations in your community where you can apply by going to **<http://dpss.lacounty.gov/dpss/calfresh/apply.cfm>** and by clicking Community and Faith-Based Organizations.

How long does it take to get CalFresh benefits?

Usually, it takes about 30 days. If you have an emergency, you could get CalFresh benefits in just 3 days. Tell your Eligibility Worker if you have an emergency and need help right away.